FAMILY LIFE

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MAKING MOTHERHOOD MORE ATTRACTIVE

Every girl, in planning her life, must balance motherhood against many other possibilities. The latter are usually presented to her much more persuasively in her schooling; they offer more individual recognition and financial reward. Many intelligent and ambitious girls decide to forego motherhood in favor of some other career, or at least hesitate, delay, and fail to attain motherhood and perhaps even marriage, because they did not reach a clear-cut decision soon enough.

It has been recognized universally that family life could be maintained, only if motherhood were in some way made more attractive to women. Several European countries have adopted widespread systems of rewards and medals for this purpose, and the totalitarian governments reinforced these appeals by closing many other careers to women. American population policy has never clarified itself on this subject. One hundred mature and well-educated women, some married and some unmarried, were asked to make suggestions as to "ways in which society could make motherhood more attractive." They suggested a wide range of procedures which might be directly or indirectly useful for this purpose, in their opinion:

1. In the early home. Encourage playing with dolls, give active part in home-making, provide wider opportunities for mothers' helpers as an apprenticeship.

2. Formal education. More preschools; high school and college courses (carrying full credit), especially in child care, home management, health and home nursing, biology (to remove fear of pregnancy).

Adult courses of training for prospective mothers; offered by schools, women's clubs, P-TA.

Use of movies and radio to point out values of motherhood to society, foster desire for children and pride in heredity.

3. To lessen care of children. Day nurseries and supervised playgrounds to relieve mothers of care for a few hours daily; cooperation of mothers to same end; mothercraft idea in high schools (children left with HS girls for certain periods each day.)

4. Medical care. Pre-payment plans for maternity; free clinics and hospitalization or providing this at cost; more research on lessening pain and

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danger.

5. Labor conditions. Allow married women to work without discrimination and give ample maternity leave.

6. Economic conditions apart from labor. Family allowances, especially for children of high quality; domestic help during first few weeks after childbirth; better housing; aid in education of superior children from large families; more adequate tax exemption for children; encouragement of decentralization ("back to the farm" or small town).

7. Changes in public opinion. Educate people to more sensible standard of living and to more correct attitude toward pregnant women; recognize motherhood as a vocation of the highest type with specific honors for large families of superior quality.

8. Measures affecting men. Universal education of boys for parenthood, so they can take their part and appreciate what their wives are doing; larger salaries for professional men at the outset of their careers; discrimination against unmarried men in favor of married women; family wage based on number of children.

Probably no reader will approve all of these suggestions, and he may have some of his own that he considers much more significant. But until the whole problem is studied from this point of view more seriously and consistently, it will be impossible to change the present differential birthrate and have more children born in homes that can give them the best possible start in every way.

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EDUCATIONAL NOTES

Oregon Mother, 1947, Mrs. Myrtle E. Lee (supt. of schools, Baker, Ore.) has written to all women's clubs in the state, urging that they use their influence to have all children trained for wise and responsible parenthood. "Such training of children must include idealizing homes and parenthood, understanding themselves and human relations with others, and (in high schools) practical skills in home-management and child-care training given to all girls. (Yes, and some phases of it to future fathers, too!) It must include practice of democratic ways of living which develop the emotional maturity essential to home stability. Probably the most effective beginning would be to have every girl take a second year of home economics during her senior year, while every boy studied a course in eugenics and the responsibilities of manhood to the American Home."

Annual National Social Hygiene Day has been set for Feb. 4, 1948.

Social Hygiene Society of the District of Columbia (927 15th St., NW., Washington 5, D. C.) reports that its activities divide as follows: 25% venereal disease education and consultations, 20% legal and law-enforcement work against prostitution, 25% sex education, and 30% marriage counseling.

Mrs. Sidonie M. Gruenberg is chairman of the reorganized National Committee for Parent Education, 221 W. 57th St., New York 19, N. Y. It is planning four regional workshops for this fall and winter.

THE CONSERVATION OF THE FAMILY

Those who dream of a more stable family in the immediate future are indulging in wishful thinking, says Paul H. Landis, dean of the graduate school at Washington State College.

Surveying the field, he concludes that "There is little in the current trend of social forces to point to an early solution of the basic problems which produce divorce in so high a proportion of marriages. The companionship family will probably not realize greater stability until some of the present efforts to check romance and guide it by scientific investigation, personality testing, measurement for marriage fitness, pre-marital counseling, and other such scientific devices reach the stage where they can be presented to the public with confidence and be used by a substantial proportion of youth."

Dr. Landis has given detailed consideration to this subject in his latest book, "Social Policies in the Making" (pp. 554, price $0.00 from D. C. Heath & Co., 285 Columbus Ave., Boston, Mass., 1947.) This is a text for beginning college students, surveying the dynamic processes in American society as they affect personality and the politico-economic system as well as the family.

Not merely must the educational system (in the broad sense of the term) prepare young people for marriage instead of divorce, but the nation must make it possible for people to have children, if it wants them to have children! Before bringing any pressure devices to bear, America "must create the kind of economic and social situation which will make it possible for a couple to have a reasonably large family without paying for it in personal sacrifice, economic loss, and a reduced standard of living."

This calls for such far-reaching changes as:

1. Subsidies (which could take many forms) for raising family standards of living. Apart from social and economic justice, these would have a deeper significance, — they "would have indicated a change in the scheme of values of our culture."

2. A shift in emphasis of the school system, to make the motives and interests of the young pupil more family-centered. "The tendency of the school system in the past to ignore almost completely these major functions in every normal person's life has contributed to making young people view family life as something unessential or incidental."

3. "No intelligent effort should be spared to keep the mentally and physically incompetent from being born."

4. The overwhelming proportion of fit citizens "need the encouragement of a more farsighted social policy." This would involve adequate medical care, adequate diet, adequate housing, all of which demand public support in order to equalize the burdens of rearing children.

Marriage loans to young people of high ability, so that they may marry and have children while the young man finishes his education, might prove highly desirable.

All of these and many other funda-

mental policies are considered in detail in a well-informed and well-balanced book that should have wide influence.

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AROUND THE WORLD

France's birth-rate for 1946 was the highest in history. Return of hundreds of thousands of deportees is considered responsible for part, but the government's provisions for extensive maternity care and family allowances also get credit.

Since 1938 the Institute for Human Genetics attached to the University of Copenhagen, has kept a card index of all persons in Denmark known to have any serious hereditary handicap, and of their families. This aids the government in carrying out its policy of eugenic sterilization under which, since 1929, nearly 4,000 persons have been protected from parenthood. Dr. Tage Kemp is director of the Institute. Most of the operations are performed on feebleminded persons.

Finland has put into effect a system of loans to young married couples, to enable them to get a good start.

Spain has maintained a Family Allowance Fund since 1938, by a tax of 1% on wages and small salaries, 5% on higher salaries, and a surtax of 10% on the regular taxes on land, livestock, and capital. The amount is sufficient to pay the family allowances which all workers receive in proportion to number of dependents, and also to take care of old age and widow's pensions, special allowances for the education of children, and loans to young married couples.

Belgium has adopted a comprehensive policy to support its family life, according to M. Verbist, Minister of Public Health and Family. Educationally it will promote courses in homemaking, marriage counseling centers, child study groups, and parent associations. Financial subsidies are promised for this purpose. A vigorous propaganda campaign will also keep the importance of the family before the public.

Canadians are again debating the problem presented by Quebec, the only province which has no divorce court. The only way a citizen of that province can be divorced is to present a petition to the Dominion senate. If this is approved by a senatorial committee, a special bill is then introduced in the Dominion Parliament to grant a divorce. Senators worn out by dealing with 406 such cases last year are demanding that a divorce court be set up in Quebec to relieve them. Roman Catholic authorities in Quebec, admitting that Parliament is suffering from an unfair burden, reply that a better remedy would be to abolish all divorce in the whole Dominion.

Australia is preparing to adopt a federal divorce law to supersede the conflicting laws of its seven states. The Attorney-General has promised to consider, as part of such a bill, the establishment of counseling services to aid in reconciliation.

Sex education is obligatory in the public schools of Czecho-Slovakia.

The new British National Institute of houseworkers will have a dozen training centers open by the year's end. First examinations were given last summer, candidates keeping house for five days under the eyes of a testing team. Diplomas entitle the graduates to minimum wages, maxi-

mum (not more than 48) hours, paid holidays, and minimum living accommodations. Training in care of children and the aged is added to the ordinary housekeeping skills.

South African brides-to-be no longer "name the day"—the hotels do it. Shortage of accommodations forces prospective honeymooners to find when they can get reservations at a hotel, and then set the date of the wedding to correspond.

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RESEARCH NOTES

Questionnaire mailed to Vassar alumnae of the class of 1935 found that the average married woman had 1.5 children. (Time, June 2, 1947.)

Surgical sterilization is more popular among Puerto Rican women than is ordinary contraception, say Carmen R. de Alvarado and Christopher Tietze. Many mothers ask to have the operation performed following childbirth. Few men are sterilized due to a widespread (though erroneous) fear that it would decrease their potency. The birth rate of Puerto Rico has remained unchanged for 45 years at about 40 per 1,000 inhabitants. (Human Fertility, March, 1947.)

Women shoppers buy more than two-thirds of the ties, shirts, socks, pajamas and underwear worn by men, according to a recent calculation.

Outstanding feature of the nation's labor force today is the excess of adolescents and of elderly persons employed, says the U. S. Bureau of Labor Statistics. In April of this year there were 5,300,000 boys and girls 14-19, or 1,640,000 more than "normal," employed.

Questioning 1235 readers, supposedly a representative sample of the whole motion picture industry, the Hollywood Reporter found that 79% are married, 21% single, and 70% of those married said they had never been divorced. If this is in fact a fair sample, it suggests that the divorce rate of "Hollywood" is lower than that of many large cities.

The only true division of the world's people is by sex, not by nationality or religion, declared Pearl Buck in a recent address.

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INEXPENSIVE PAMPHLETS

IS YOUR SON OR DAUGHTER A GOOD RISK FOR MARRIAGE? by Stephen Laycock, price 7c from Ontario Federation of Home and School, 79 Queen St., E., Toronto, Ontario, Canada.

WOMEN AND MODERN STRESS, by Winfred Overholser, price 15c from National Committee for Mental Hygiene, 1790 Broadway, New York 19, N. Y.

SEX EDUCATION FOR THE MARRIED COUPLE, by Emily Hartshorne Mudd, price 15c from the American Medical Assn., 535 N. Dearborn St., Chicago, Ill.

MONEY MANAGEMENT FOR NEWLYWEDS, price 5c from Household Finance Corp., 919 N. Michigan Ave., Chicago 11, Ill.

HUMAN STERILIZATION TODAY, free from Birthright, Inc., P.O. Box 441, Princeton, N. J.

WHAT MAKES A GOOD HOME? price 15c from Child Study Assn. of America, 221 W. 57th St., New York 19, N. Y.

THE ADOLESCENT AND THE FAMILY, by Lawrence K. Frank, price 15c from the N. Y. Charities Aid Assn., 105 E. 22nd St., New York 10, N. Y.

NEW BOOKS IN BRIEF REVIEW

JOBS FOR WOMEN OVER 35, by Julietta K. Arthur. Pp. 250, price $3.50 from Prentice-Hall, 70 Fifth Ave., New York 11, N. Y., 1947.

Mrs. Arthur, a trained business writer, has brought together a lot of helpful information for the woman who is obliged suddenly to become self-supporting, or even to support a family, in middle life. Abundant illustrative cases give encouragement, while cautious judgment prevents rash enthusiasm of the reader. The well-organized volume should help innumerable families to solve problems that may at first seem insoluble.

PHYSIOLOGICAL AND PSYCHOLOGICAL FACTORS IN SEX BEHAVIOR, ed. by Roy W. Miner. Pp. 61 (paper bound), price $1.25 from N. Y. Academy of Sciences, Central Park W. at 79th St., New York 24, N. Y., 1947.

Conference addresses by S. Bernard Wortis, Gregory Bateson, William E. Galt, Morris Herman, Alfred C. Kinsey, and William C. Young are included in this bulletin, which psychiatrist Wortis "hopes may help modify our laws" concerning sexual behavior. Few legislators will be prepared to modify the laws of civilized conduct merely because it is shown that lower animals do things differently, and the contributions in this pamphlet are too sketchy to provide bases for any far-reaching conclusions, but the educated reader will find a convenient summary of some recent study in this important field.

REHABILITATION OF THE PHYSICALLY HANDICAPPED, by Henry K. Kessler. Pp 27, price $3.50 from Columbia University Press, Morningside Heights, New York, N. Y., 1947.

One of the fundamental and far-reaching problems of family life is created by the handicapped members. Apart from 1,500,000 partly disabled and 110,000 totally disabled war veterans, there are about 2,500,000 crippled adults and children, not to mention the blind, deaf, and chronically ill. Such huge numbers of persons can not be regarded merely as dependents to be supported; they must be incorporated into the social and economic order to the fullest extent possible. Dr. Kessler, an international consultant on rehabilitation, shows that the nation can do, with relatively little effort, far more than most of us have supposed in this direction. His book deserves wide study.

PROCEEDINGS of the Ninth Annual Meeting of the Pacific Northwest Conference on Family Relations. Pp. 50 (mimeographed), price 75c from E. C. Brown Trust, Division of Social Hygiene Education, University of Oregon Medical School, Portland 1, Ore., 1947.

"Strengthening Family Living" was the general subject of this conference, featured speaker at which was the late James S. Plant, director of the Essex County (N. J.) Juvenile Clinic. The addresses and discussions, of interest to everyone concerned with family life education, are summarized with notable competence by O. R. Chambers, head of the department of psychology, Oregon State Colelge.

MENTAL MISCHIEF AND EMOTIONAL CONFLICTS, by William S. Sadler. Pp. 396, price $6.00 from the C. V. Mosby Co., 3207 Washington

Blvd., St. Louis 3, Mo., 1947.

"The neurotic very earnestly seeks relief from his bothersome insomnia, his troublesome digestive disturbance, and his numerous aches and unpleasant sensations about the head and spine; but he does not want to be deprived of the underlying and causative neurosis which he so cleverly employs as a technic for gaining sympathy and dodging numerous unpleasant and disagreeable life situations." To help him, and those around him, get an understanding of what is really the matter, a Chicago psychiatrist has written this account of "psychiatry and psychology in plain English." He covers the ground fully, with description of causes and symptoms rather than suggestion of "cures." No treatment program will permanently benefit the average neurotic unless he develops a philosophy of life, Dr. Sadler asserts; "such a scheme for living will prove far more helpful than many weary hours of psychic probing by the physician for sex slivers." The last chapter therefore outlines the requirements of a working religion, which will maintain health, realize happiness, augment efficiency, and unify the personality.

ERBPATHOLOGIE, by O. Frhr. von Verschuer. Pp. 208, 3rd edition, Theodor Steinkopf, Dresden and Leipzig, 1945.

This book, which has just reached the United States, is perhaps the last of its kind to have been published in Germany before the nation's collapse. It is designed as "a textbook for physicians and medical students," to give them correct information on the inheritance of diseases and abnormalities, and is notably free from political or propaganda tendencies. The author, who now lives in retirement in the American zone at Frankfort on the Main, was at that time director of the Kaiser Wilhelm Institute for Anthropology, Human Heredity, and Eugenics in Berlin.

DICE OF DESTINY, by David C. Rife. Pp. 179, price $2.25 from Long's College Book Co., Columbus 1, Ohio. 2nd edition, 1947.

Dr. Rife (professor of zoology at Ohio State University) has revised his popular discussion of human heredity, the first edition of which was reviewed in Family Life, July 1945, Controversial topics such as personality and racial differences, environmental influences, and eugenics, are handled with good judgment and balance. The book ought to be used in every high school and college, as a necessary foundation for any correct understanding of human nature.

READINGS IN SOCIAL PSYCHOLOGY, prepared for the Committee on the Teaching of Social Psychology of the Society for the Psychological Study of Social Issues. Pp. 672, price $3.85 from Henry Holt & Co., 257 Fourth Ave., New York 10, N.Y., 1947.

Reprints of 75 papers give the student a picture of the scope and development of social psychology. Most of the discussion deals with larger groups, rather than with life in the family, although many vivid sidelights are thrown on family relations. The book is not intended primarily for the general reader, but will be found well worth while by any thoughtful person.

INTRODUCTION TO MEDICAL PSYCHOLOGY, by L. Erwin Wexberg. Pp. 171, price $3.50 from Grune

& Stratton, 381 Fourth Ave., New York, N. Y., 1947.

Developed from lecture outlines for medical students, this little book is somewhat dogmatic and lacks the illustrations and applications which the author would have presented in the classroom. It does not deal, except casually, with the techniques of clinical psychology. Dr. Wexberg, formerly at the Louisiana State University School of Medicine, is now director of the Bureau of Mental Hygiene of the District of Columbia.

LIFE SCIENCE, a survey of the various fields of biology, by M. W. de Laubenfels. Third ed., revised, pp. 340, price $6.35 from Prentice-Hall, 70 Fifth Ave., New York 11, N. Y.

This big book, with 1024 illustrations, was intended by the author not merely for an introductory college course but for the general reader who too often grows up illiterate in the science that is basic to all human existence. It is particularly strong in its applications to daily life, and in its interesting and thought-provoking illustrations. Dr. de Laubenfels (currently at the University of Hawaii) has the ability to make even a technical problem seem a part of one's daily experience. The book deserves the wide circle of readers that it has had continuously since the appearance of the first edition in 1941.

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THE FARM FAMILY

Since farm families are happier than city families, and are the only ones producing enough children to keep the population from decreasing, every move that makes rural life attractive to young people is a move toward stronger family life in America. But as pointed out in earlier issues of **Family Life,** there is a serious lack of balance in the farm population; girls leave to get jobs in cities, while the boys who stay on the farm seem to find it difficult to marry and set up homes of their own.

"Successful Farming" polled farm women on this problem last-named—"Why don't farm boys marry earlier?" The replies, tabulated in their Sept., 1947, issue are:

32.5% said girls are unwilling to live on farms.

28.1% said farm girls go to cities at the usual marrying ages, with the result that farm boys don't have a chance to meet either farm girls or city girls.

23.5% said farm boys postpone marriage because they are kept too busy on the farm.

9.3% mentioned financial insecurity.

The distaste of women for farm life is accented by a poll of Iowa farmers, published in Wallace's Farmer and Iowa Homestead, May 3, 1947. Only 46% want their daughters to marry farmers, although 66% want their sons to farm. Main objections mentioned by farm wives were outdoor work and lack of conveniences.

Similarly the Farm Journal (Feb., 1947) reports a survey of college girls by Dr. Hazel M. Cushing of Washington State College. Only 24% of the girls with farm backgrounds and 6% of the city girls prefer to marry farmers. Most of the girls in each group would marry farmers "if all else were equal," but this would demand that the farmer have as much education as his college wife, devote himself mainly to cash crops and keep away from poultry farming (presumably "The

Egg and I" has poisoned the minds of the younger generation!)—in other words, they wanted to live on farms with high incomes and less outdoor work for wives.

Four main criticisms of farm life, given by these State College girls, were: loneliness, uncertain income, distasteful work, and poor schools. On the other hand four real assets were discovered: husband near home, couple could work together, good place to rear children, freer life in general.

All these and other familiar facts emphasize the need to improve the conditions of farm life, especially by introduction of more conveniences and labor-saving devices; strengthening of community recreational and religious life; and improvement of the school system, particularly by throwing off the shackles of urban patterns forced out into the rural schools by city-trained educators. Superior people will stay on the farm and bring up children there, if they can make a living by farming and have a reasonable share of the amenities of life at the same time. Any nation which can not or will not meet these requirements will certainly not survive.

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EAT AND LEARN!

Mexico is tying education to public relief in its Comedores Familiares (Family Dining-rooms), several of which have already been established, with plans to extend the system. Unemployed families in need of assistance are given free meals, while some solution to their economic problem is being worked out; but a pre-requisite is that the entire family go to school during this period. Children attend the regular schools, while parents are sent to special adult education classes in the same building as the dining-room. First job is to learn to read and write, but mothers are also given lessons in sewing, hygiene, nutrition, and other skills for better home-making, and those pregnant or with children are given appropriate attention and training. Results in reducing both illiteracy and child mortality are already noticeable.

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COUSIN MARRIAGE

Cousin marriage would be illegal in every state if Congress should adopt a federal uniform marriage and divorce law now pending in the senate judiciary committee. The bill provides for an amendment to the constitution, however, and would therefore have to be ratified by the states.

Sen. Arthur Capper (R.-Kan.), 82-year-old dean of the upper house, has added this provision to the bill which he has introduced from time to time during the past quarter of a century. Eighteen states now permit marriage of first cousins; other states prohibit them and Oklahoma even prohibits the marriage of second cousins.

Biologists are generally agreed that legislation prohibiting cousin marriage would be a step back toward the Middle Ages. Marriage outside the family circle is preferable for several reasons, among them the enlarged circle of friends and relatives available to the young couple. But so far as heredity is concerned, a cousin marriage merely intensifes whatever traits are present in the common ancestry, and if these are valuable traits the offspring receive benefit rather than harm.

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

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